

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH, HAPPINESS and PLENTY

March, 1933

\$1.50
A Year

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

February 20 to March 19

The wisdom of the Holy Spirit guides and illumines me.

Quickening, vitalizing, free-flowing Spirit life is working mightily within me, and I am healed.

Spirit substance fills my mind and affairs to overflowing, and I thank God for prosperity.

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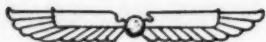
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UNITY DAILY WORD

A little companion that daily will direct your steps
to the sun-tipped heights in whose glory you will behold
yourself as a son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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dressed to Editor of *Unity Daily Word*, % Unity School
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PANOPLY

Some men live near to God, as my right arm
Is near to me; and thus they walk about
Mailed in full proof of faith, and bear a charm
That mocks at fear, and bars the door on
doubt,
And dares the impossible.

—Blackie.

SPRING HAS COME

When there within your heart are growing
Springtime thoughts, come from your sowing,

Spring has come.

When there within your heart are singing
Youthful thoughts, like joy bells ringing,

Spring has come.

When all icy thoughts have melted,
Since with love they have been pelted,

Spring has come.

When there's end to icy weather
And the sun's on leaf and feather,

Spring has come.

When within you love is urging
You to love—yes, love is surging,

Spring has come.

When new buds within are bursting
And your soul for God is thirsting,

Spring has come.

Spring within the heart appearing
Tells you when the season's nearing;

Spring has come.

When your heart has just one reason
For its joy, you know the season

Spring has come.

THE RETREAT



RETREAT is defined as "the place to which any one retires; a place of seclusion, privacy, safety, or resort; a retired place or abode; a refuge." Does not the word call to mind something that you have always idealized, always desired, always sought? Have you not hoped to find a retreat where you would be detached from the confusion of the world, and where you could enjoy a certain peace of mind that the world has not given you. There is such a retreat, and you can find it. You can enter into it and find the peace that you have been seeking.

The Psalmist called this place "the secret place of the Most High." Jesus called it "thine inner chamber." Mystics and seers of all ages have referred to it. It is the place where man retires from the confusion of the world about him and finds inner peace. It is the place where man communes with his Maker. It is the place where God gives Himself to man.

When Truth students are told to practice the silence they are directed to this inner retreat. In the silence they detach themselves from the external world. According to the instructions of Jesus, as they enter the inner chamber, they shut the door and shut out material thought. In secret they commune with their indwelling Spirit. They find the presence of God within them.

Will you retreat at this time from the thoughts that may be disturbing you? Will you enter this inner chamber or secret place where the peace and power of heaven will be conferred

upon you? The thoughts that have been disturbing you have no power when you view them from your spiritual retreat. The things that have been bothering you can no longer do so when you find the presence and power of God within you.

Withdraw from the beliefs that have been troubling you. Withdraw from worry and anxiety, doubt and fear. Enter into that inner realm where you know that you are master of your world. Through Christ in you, you have power over all things. You have power to reduce the worrisome thought to nothingness. You have power to take command of your environment and your world.

In the secret place within you, you will find a new world, a new life. You will perceive new values. Things of the world about you which seemed important to you will become as nothing. That within you which you may have heretofore neglected will be given its proper value. You will learn that the presence of Christ within you is the most important thing in all the world.

As you enter your retreat, know that you are entering a holy place. Lay aside all material thought. Enter His presence. Enter into the joy of the Lord. Enter into those holy courts in which you perceive the glorious company of heaven.

Now you are in the very presence of God. You are in the presence of your Father, who created you, who loves and sustains you, who

heals and prospers you. What a glorious thought! What a privilege! What a radiant and dazzling presence this is!

When you come into the presence of God, you will lose all fear of Him. Strangely enough, you will find that somehow you are at one with Him. You will find that you are inseparably joined to Him. You will discover a sweet and holy communion with Him.

Possibly you have always wondered just how you would behave in the presence of God. When you find yourself in His company, you will discover that all there is to do is to love Him and, in turn, to receive His love.

The presence of God causes us to lose sight of what we have thought of as the presence and power of adverse conditions. In God's presence there is no presence of evil. Communing with Him, we lose sight of all belief in anything unlike Him.

The presence of God is the presence of light, peace, joy, love, health, strength, substance, and plenty. In His presence we find the presence or manifestation of all that we have sought and desired. We find our prayers answered when we find the presence of God.

The retreat to which you are directed will reveal many blessings to you. You will always be glad to know that you have found it. At just a second's notice, you can retire to it. When things in the world about you are most alarming, you can withdraw to your retreat and know that all is well.

FORGIVENESS AND RESTORATION

WHEN WE forgive another, we restore him to the same place that he occupied before he sinned against us. We wipe from mind the accusing thought. We see him not as a sinner, but as one who is solving his problems and finding his way. We behold him freed from the adverse beliefs we have entertained about him.

Paul wrote: "If a man be overtaken in any trespass, ye who are spiritual, restore such a one in a spirit of gentleness." We can see that we are to handle the other fellow's trespasses in a most impersonal way. If he sins against us, we are to view him as needing our help, not our censure. We are to restore him to the place that he occupied in our affections before he transgressed.

If you are spiritual, if you can enter spiritual consciousness, you will have no desire to bind another to that one's mistakes of the past. You will have no tendency to regard a friend as an enemy because he thoughtlessly did or said something that did not meet your approval.

Sometimes a lifelong friendship terminates because some one does not know how to forgive. Sometimes we view a friend as a most bitter enemy even when he tries hard to love and to help us. We let a small thought become a mighty barrier to friendship. Forgiveness is a process of dropping from mind the adverse thought which we hold about another. Restoration is a process of taking him to our heart again.

You will have no difficulty in forgiving when

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you realize that when you forgive you let the Christ in you greet the Christ in another. Is this not a beautiful thought? When you refuse to forgive, you refuse to let Christ in you speak to the Christ in the other person.

We can forgive easily when we see how insignificant is the thought that has caused the trouble. Possibly, a few angry words caused the great World War. The whole situation reduced to its original status would have amounted to nothing. Men are so inclined to magnify and elaborate upon something which has no importance whatever.

Not long ago when two friends had quarrelled, one of them said: "I did not care so much about what he did or said. It was just the principle of the thing." How often we hide behind such an alibi because we want a certain principle to be regarded. In Truth there is but one principle, the principle of love. If we should always see things from the standpoint of this principle, we could easily disregard the so-called principle for which we are inclined to stand up or fight.

In this message you are admonished to forgive and to restore to your affection the friends to whom you have denied friendship for any reason whatever. The friend whom you used to love so well and whom you now regard with indifference and greet with unresponsiveness—he is to be thought of first. You are to wipe out of mind all the adverse thoughts you have had about him. You are to take him to your heart again and to love him even more than you did

in your former experience.

You will feel a great inner satisfaction when you forgive. Your refusal to forgive another has hurt your soul much more than you think. You will feel a great sense of inner peace when you restore him in a spirit of gentleness. The gentle spirit, in turn, will bless you.

Forgiving has its own rewards. When we forgive another, we reward ourselves with something. We experience an inner letting go, a relaxation, that gives us an inner satisfaction we have long sought. Holding another in the chains of adverse thought makes our own hands tense and hard. The one who refuses to forgive possibly harms himself much more than he does the other person. Certainly, forgiveness does have its reward. Emptying out of mind the hot, black, tense thoughts gives a happy feeling to the one who has cherished them.

The problems of humanity are many and varied. We must think of each person as trying to do his best. If he seems to sin against us, we must help him with his problem. We must not make his way harder or his load heavier by adding our resistance and adverse thoughts to his. If we think he has failed in solving personal problems, we should help him through our love. If he has seemed to work against us, we cannot be excused for working against him.

Will you forgive? Will you restore that friend of yours in the spirit of gentleness? Heaven will send up a cheer of joy when you give up the thought that has kept you from forgiving him.

BLESSING THE BUSINESS

A Prosperity Treatment



THROUGH a higher consciousness in the realization of prosperity you can bless your position, office, store, or place of business, putting upon it the seal of success and abundance. No doubt you have seen many places of business where the thought of failure was so strong that you felt it the minute you entered. You had a strong desire to wipe out the adverse belief and establish the thought of prosperity and success.

Possibly you have also known those who in good positions have thought and talked against their own interests. Their adverse thought, their belief in failure and lack, finally caused them to lose their positions or to experience failure and lack. The power of thought is certainly very noticeable in business. We easily recognize a business by the thought that hangs over it.

To bless your business you must first enter into that high consciousness in which you can pray. You must enter into the realization that Christ in you is working. You must know that you have within you the power to destroy adverse thought and to establish the thought of Truth.

Let your first work be that of wiping out the beliefs in limitation. Wipe out all belief that your business cannot flourish. Wipe out the thought that persons or circumstances can retard the progress of your business and that any external influence can keep it from growing and prospering. Wipe out the thought that

failure can have any part in your business. Know that there is no place for the thought of failure and lack.

Next, realize that your business is filled with the presence of Christ, the presence of love and service, the presence of success and prosperity. Realize that all who come to your place of business will bring to it the greeting of prosperity. Realize that they will be blessed by coming and that they will know this, too.

Realize that your business is God's business; for so it is. Know that all things are in His keeping and that He is prospering you. Be willing to let Him have all responsibility. Be ready to do whatever He directs you to do.

Take time each day to bless your work or your affairs. It matters not what you are doing. If you look upon yourself and your work in the right way, you are being blessed whatever you do. If you see things in the right light, you are always being blessed. The presence of God is ever blessing you.

When you sense any adverse thought in your business, wipe it out through a strong denial. Then make a strong affirmation of Truth, success, and prosperity. Realize that, through you, God is pouring out blessings upon your business. Realize that He is ever inspiring you with new ideas through which prosperity may be made manifest.

Blessing your business will cause you to look upon it in a new light. You, serving others, prospering yourself, will see God's perfect work being done in you.

WHEN JOY SINGS ITS SONG



WHEN JOY sings its song within us, we care not for those things of the world about us which have made us unhappy. The song of joy lifts us to that high consciousness in which external things can have no power over us. The song of joy is the song of the Christ within us.

Let joy sing its song to you this day. Turn in thought to Christ at the center of your being. Listen to His song of joy. Even as Jesus rejoiced over His divine Sonship so can the Spirit of Christ within you rejoice over your sonship. You are the perfect child of God, and nothing in all this world can take this truth from you.

You will rejoice when you discover who you are in Truth. You will be happy when you find that you are the child of God. Your heart will be filled with joy when you realize that you are master of your world. Nothing in the world about you can have power over you because Spirit within you has all power. Nothing in all this universe can defeat the working of Christ within you because He is all power.

Do you hear the song that joy sings within you? Turn your ear, your inner ear, that you may hear this song. Listen with your inner ear and hear the melody of Spirit. Hear the joy song of heaven.

Life will have a new meaning to you when you see it from the standpoint of joy. Living will have a new significance when you know that you can live joyfully. The song of joy sung at the heart of your being will affect the whole world. The joy within you will be manifest

in the world about you as great joy.

If you would keep joy singing within you, you must not be sad or depressed. You must not believe that persons, things, or circumstances can make you unhappy. You must know that Christ in you is all in all. He is the source of your joy. This joy can never be taken from you.

In the joy of Spirit there is never a note of discord, never an inharmonious thought. In the joy of Spirit we find something akin to the music of heaven. As we give ourselves to listening to this song of joy, we know that in Truth joy fills the world. In Truth God is omnipresent.

We commend to you this joy of the indwelling Christ. We recommend that you turn often to it and listen to its song. When things of the world seem to be most disturbing, listen to the song of joy. Turn your inner ear and listen to the voice of Spirit prompting you to be joyful.

Abiding in the consciousness of joy, you can know no sorrow. Living in joy, you cannot be cast down. In the realization of joy, you find a world of joy. You are infused with the joy of heaven, even the joy of its angels. You commune with the glorious company of heaven and share in their joy.

You are now blessed with great joy. Nothing in the world about you can deprive you of this joy. Your joy continues to increase until you are filled with unlimited joy and abide in that joy which will never cease because it issues from the very presence of Christ.

WEDNESDAY, MARCH 1

God, the good, is now uppermost in my consciousness, and I cease to believe in the reality or power of evil. Only the good is true.

EITHER GOD, the good, is all in all to us, or else we believe that His presence and power are shared with some rival presence and power. We are taught to believe in something called evil and forced to reconcile this spurious teaching with the truth of God's allness. Eventually, we come to know that in Truth God is all and that evil is but assumed as an opposite, in the sense that we can always conceive of an opposite of anything that is true.

Only the good about you is true in the sight of God. There is no opposite of the truth about your health and success. In the sight of God there is no truth in any evil thought about you, no truth in any limiting belief that you may be entertaining about yourself. Just remember that God is all and is uppermost in your consciousness when you perceive spiritual truths. This realization will help you to clear from your mind all belief in the presence or power of what you have called evil.

Keep before your mind the great truth that God is good and that He alone is true. You cannot believe in an opposite of God when you know that He is all.

Hold fast that which is good.—*1 Thess. 5:21.*

THURSDAY, MARCH 2

My mind is now freed from all thought of worry and anxiety, because I know that I can depend upon God in any situation.



WE RELIEVE ourselves of thoughts of anxiety when we entertain only thoughts of trust in God. Worry comes from lack of trust. We believe that evil is coming to pass only when we lose sight of the goodness of God. We think thoughts of worry only when we cease to abide in the consciousness of God and Truth.

Worry becomes the means whereby man harms himself. His anxious thoughts cause adverse conditions to be inflicted upon him. Man has more power to harm himself than external agencies have power to harm him. In the same way, through a consciousness of the Christ within him, he can do more toward helping himself than can any person or external thing.

You cannot be burdened with care when you place your trust in God. You cannot worry and be anxious when your mind is filled with thoughts of God. Let God be uppermost in your thought and you cannot have disturbing thoughts. If you trust God, you cannot worry about yourself or your affairs.

God is at hand in every situation.

Cast thy burden upon Jehovah, and he will sustain thee.—*Psalms 55:22.*

FRIDAY, MARCH 3

The courage of Christ in me, my own innate courage, frees me from all sense of fear.

FEAR makes a coward of man until he reaches the consciousness in which he is aware of the presence of Christ within him, the presence of courage. He is afraid of other persons and things until he realizes that he has within him that which is never afraid. In this consciousness of fearlessness he goes forth knowing that he can overcome all things.

Fear comes from entertaining thoughts about the power of external things and circumstances. Man fears the future when he thinks it will offer some problem that he cannot solve. He fears other persons when he thinks that they have more power over him than has the omnipotence of God, the good. Fear, then, is born of adverse thoughts and can be overcome solely through thinking thoughts of Truth.

Would you be fearless? Think less of those things which make you afraid and think more of the courage of Christ within you. Practice this thought discipline and, eventually, you will have no fear. You cannot be afraid when you meditate upon the presence of Christ. You cannot lack courage when your thought is upon courage, your own innate courage.

There were they in great fear, where no fear was.—*Psalms 53:5.*

SATURDAY, MARCH 4

The presence of Christ in me causes me to lose all sense of doubt, and I have faith in Him and in myself.



FAITH increases as we meditate upon the presence of Christ within us. We lose all sense of unbelief when we believe in the power of Christ. We have faith in ourselves when our faith in Christ in us is quickened.

Do you lack faith? Possibly your faith has been centered in the wrong thing. Possibly you have faith in the power of disease, in failure, in lack, and you believe in these things. You may not be without faith; it may just be misdirected. You may believe in what you call evil when you should pin all your faith on God.

The very presence of God with you will cause you to have faith in Him. Your attention will become fixed upon Him so completely that you cannot believe in any other presence or power. You will come to know that you can do all things through Him. You will have faith in yourself because you will find that you are inseparable from Him.

To increase your faith in God, the good, think often of Him. Practice turning to Him many times a day. Your faith in Him will eventually cause you to have no faith in evil, disease, or failure.

Great is thy faith: be it done unto thee even as thou wilt.—*Matt. 15:28.*

SUNDAY, MARCH 5

The body of Christ in me is my perfect body now coming forth into manifestation.

WITHIN YOU is the perfect pattern of your perfect body. This pattern ever exists in Divine Mind. The idea of your perfect body exists in you as the body of Christ, the body of perfection. If you lose sight of this perfect idea through thinking thoughts of imperfection and disease, your perfect body does not appear.

The body of Christ in you is ever a body of health, strength, and perfection. The idea of this perfect body was implanted within you at the beginning and will ever be healthy, strong, and perfect. You may think of yourself as unhealthy or imperfect, your physical body may be quite unlike this perfect idea, but the truth remains that the perfect body but awaits your recognition in order to come into manifestation.

No longer think of your body as diseased or imperfect. See your body as it exists in Truth, behold it through the eyes of Spirit, and realize that your true body is one of health and perfection. In this way you will cause your perfect body to appear. Your body of physical limitations will merge into a body of physical perfection. The body of Christ in you will be manifest.

Thy whole body shall be full of light.—*Matt.*
6:22.

MONDAY, MARCH 6

I am free because the Spirit of freedom within me now proclaims freedom for me.

WE LAY HOLD of our freedom when we grasp the truth of freedom and give up all belief in bondage. We are free when we realize that Christ within us has set us free from every enslaving belief. Our freedom comes when we accept it as true of us. Our belief in bondage disappears from mind when the truth of freedom is established there.

Do you wish to be free from some form of bondage? Then free yourself from the enslaving belief. Free yourself from the thought that destroys your freedom. Set yourself free from any belief that would bind you. The Truth of Christ is the Truth of your perfect freedom. It is the Truth of your easy and perfect expression in mind and in body. Your freedom becomes clearer to you as you meditate upon freedom.

In order to be free you must see that you set others free, too. You must set them free from any thought of bondage. The thought of bondage entertained by you would finally serve to bind you, too.

I shall walk at liberty;
For I have sought thy precepts.
—*Psalms 119:45.*

TUESDAY, MARCH 7

The joy of Christ within me fills me completely, and my joy is made full.



AS WE experience the joy of Christ within us we lose all sense of sorrow and depression. We find that the joy radiating from the presence of Christ removes all sorrow from our heart. We discover that we cannot be sad and at the same time think of Christ within us as inspiring us to be joyful.

If you would be joyful, turn away from those beliefs which have the effect of taking your joy from you. Turn your attention to the source of joy: Christ in you. Think often of Christ and His joy. Think of His joy at knowing Himself as the Son of God. Think of His joy at knowing Himself as victorious over things of the world. In Truth you share in this joy.

The joy of Christ within you will wipe out every trace of sorrow when your mind is filled with thoughts of joy. You must think of joy in order to experience it. You must let your spiritual thought become the bridge uniting you to the joy of heaven.

Your joy becomes full when you can give yourself entirely to the Christ within you. Nothing can take this joy from you.

These things have I spoken unto you, that my joy may be in you, and *that* your joy may be made full.—*John 15:11.*

WEDNESDAY, MARCH 8

God, the principle of Truth, the law of good, now rules me and my life, and I place all my affairs under His government.



DIVINE LAW recognizes no adverse law. God recognizes no rivals or competitors. We cannot believe in adverse laws and at the same time believe in one God, one principle of Truth, one law of good. When we place ourselves and all our affairs under His government, the government of the law of good, no belief in an adverse law or power can rule over us.

We place ourselves under the law of heaven—the law of peace, love, health, and success—when we recognize God as the only law operating in our life. We lose sight of previous beliefs in laws of disease or ill luck when we recognize the law of life, health, and success. We find that in Truth we can be governed only by God, only by the law of good.

Cease to think of yourself as governed by many laws. Realize that God alone rules over you and that under Him you enjoy peace, love, health, and plenty. Know that His law governs you at all times. When tempted to believe in the government of adverse laws, correct your thought.

The law of Jehovah is perfect, restoring the soul.—Psalms 19:7.

THURSDAY, MARCH 9

I am no longer impatient. I patiently witness the work of God now being done in me and in all my affairs.



LET US free ourselves from the habit of impatience by just learning to trust in God, knowing that His perfect work will be done in us and in all our affairs. When we are impatient, we seem to be trying to hasten the work of God. We feel as if by some conspiracy of powers opposed to God that His work will be delayed. Of course, our help comes through knowing that there is no power to oppose God, nothing to thwart His action, nothing to delay His work. We free ourselves from the habit when we let this argument of Truth set us free from the adverse beliefs that cause impatience.

When he learns to be patient, a person can stand aside and see the work of God being done in his affairs. He can silently and confidently witness God's action and have no fear that anything will prove too much for divine power. He can lose all sense of personal responsibility and give the load to God to carry. He can be free and easy in mind even when appearances would ordinarily cause him to fear the outcome of his affairs.

This day is a day given you to rise above all thought of impatience and to declare and practice your trust in God.

By patience in well-doing.—Rom. 2:7.

FRIDAY, MARCH 10

*The peace of God now fills my heart,
and I am peaceful throughout my entire
being.*

THE PEACE of heaven fills us when we rise above all belief in inharmony and recognize the presence of God within us. We rise above the race belief that other persons and things can destroy our peace and harmony. We abide in the consciousness that in Truth there are only the peace and harmony of God.

Turn from all disturbing thought and find the peace of God within you. Turn from the belief that anything can keep you from enjoying this peace. Rise to the consciousness that in Truth you abide in heaven and in heavenly peace.

Peace will fill your entire being when your thoughts are peaceful. Peace will radiate from your heart to your entire world. Nothing can resist the peace of God. Nothing can be in a state of inharmony when the thought of heavenly peace penetrates it. Inharmonious conditions whether in the body or in the environment cannot exist when the consciousness of peace plays upon them.

If you would have a peaceful life, have peaceful thoughts.

My people shall abide in a peaceable habitation,
and in safe dwellings, and in quiet resting-places.
—*Isa. 32:18.*

SATURDAY, MARCH 11

The love of God that I now feel has freed me from all hate and fear, and I freely express the love in my heart.



LOVE is quite magical in its action. It solves problems. It heals disease, and cures cases of personal animosity. It neutralizes hate. It relieves us from all sense of fear. If you have not found the solution to your problem or the remedy that you need, try love, and then more love.

If your demonstration has not been made, be more loving. Turn to the love of God and let His presence of love fill you. Let your heart be filled with love that you may radiate it to all persons. Let thoughts of love fill your mind at all times.

When you are loving you cannot entertain adverse beliefs. When you love, healing power is generated within you. When love is uppermost in your mind, no thought of hate or fear can live in you. No adverse thought or situation can be attracted to you when you love. You can see that love is, at once, a protection to you. You are saved from adverse situations when your aura is filled with love.

Abide in the consciousness of God's love; you will discover yourself becoming more loving.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

There's Something

There's something good in every
There's something we can give in
The one whom we have loved to
Still has within him something good

There's something good in every
Remember this when next you look
Just look beyond the outer mask
And you will see the goodness of him

There's always good in every one
And see him through the eyes of love
For we must look beyond the face
And see the goodness of his heart

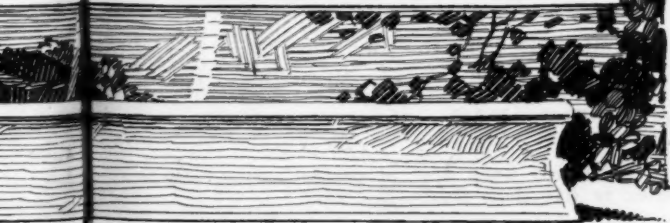


Something Good in Every One

Good in every one, there's always something good,
We can see in him when he is understood;
We have come to call our very dearest friend
By some good; so let all malice end.

Good in every one because God is therein.
When next you look for evil and for sin;
The outer mask—that which appears to be,
The good within him that God doth always see.

Good in every one. This good we must discover,
Through the eyes of love as would an ardent lover;
Beyond the faults, which we have magnified,
Peace of heart and in this good abide.



SUNDAY, MARCH 12

The mind of Christ, filled with thoughts of peace, love, health, and plenty, now expresses itself through my mind, and I think these thoughts.



THINKING is very important to the student of Truth. He is taught to guard his thoughts, to discipline his thinking, to pitch his thinking on a high level, that he may enter that high consciousness in which he can lay hold of the thoughts of Christ, thoughts of Truth. Very often the student of Truth is thought to be unduly concerned about psychological processes because he emphasizes the importance of thinking according to such a high standard.

Man cannot approach God unless his thoughts are high and noble. He cannot be a Christian unless his thoughts are Christlike. He cannot develop spiritually unless he is spiritual-minded. He cannot commune with the mind of Christ unless he first gives up those adverse thoughts which keep him from knowing Christ.

You think with the mind of Christ in you when you think thoughts of Spirit and of Truth. In Truth there is but one spiritual consciousness or one Divine Mind.

Thou wilt keep him in perfect peace, whose mind is stayed on thee.—Isa. 26:3.

MONDAY, MARCH 13

The ever-renewing life of the Spirit within me ever renews me mentally and physically.

WOULD you like to feel that you are constantly being renewed in mind and in body? Would you like to feel the renewing life of Spirit within you at all times? Then give up all thought of growing old. Give up the belief that any circumstance or anything can age you. Realize that within you is the ever-renewing life of Spirit.

You are constantly being made new. This renewing process cannot be hindered except by your own doubt or adverse belief. As long as you work with this renewing process, you will be renewed. As long as you realize that within you is the renewing power of Spirit, just so long will you be renewed.

New ideas fill your mind when you meditate upon the newness of Spirit. These ideas express themselves in your body as new life. New ideas charge your affairs with new life, prosperity, and success. You can see that through thinking new ideas you tend to revolutionize your world.

When you feel that you are sluggish in mind, cease to think the same thoughts you have been thinking.

We serve in newness of the spirit, and not in oldness of the letter.—Rom. 7:6.

TUESDAY, MARCH 14

The life of Spirit within me is the life of my physical body. In Spirit I have bountiful life.



IF YOU should feel a sense of depletion or weariness, meditate upon the life of Spirit within you. This life will refresh and strengthen you. You cannot be lifeless when your thought is upon the life of Spirit. You cannot lack life when you are conscious of the life of Spirit within you.

The life of Spirit is that which animates your physical body and makes it alive. Do not think of the life of Spirit as something intangible, something apart from you. Know that there is but one life, the life of Spirit, and that you are ever unified with it.

The life of Spirit can never be depleted. You cannot draw upon it and find it diminished in quantity or in strength. You cannot draw upon it and find its supply shut off from you for any reason. You have but to turn in thought to this life of Spirit in order to feel it coursing through your entire being.

Living in Spirit, you are thoroughly alive. The very life of heaven fills you. You are in tune with all life and all living things. You are one with God and His life. You are His life.

Our Saviour Christ Jesus, who abolished death, and brought life and immortality to light.—II Tim. 1:10.

WEDNESDAY, MARCH 15

Looking away from all belief in imperfection, I find Christ, my own perfection, within me.



CEASE TO think of your personal imperfections. Cease to think of anything unlike that which you are in Truth, God's image and likeness. As long as you think of physical imperfections, just so long will you continue to manifest them. As long as you hold in mind the thought of personal shortcomings, just so long will they continue to appear.

In Truth, in the sight of God, you are His perfect child. To human sense, you may appear quite unlike this perfection. As a student of Truth, your duty is to wipe out of mind the belief in imperfection and to show forth the perfection of your Father. You are to give this innate perfection freedom to express itself as your own perfection.

The germ of perfection in you, the spark of the divine, is Christ. By meditating upon Him, you come to know yourself as you are in Spirit. You find that you are something entirely different from what you thought yourself to be when you thought of yourself as imperfect.

With the perfect man thou wilt show thyself perfect.—II Sam. 22:26.

THURSDAY, MARCH 16

I realize that the kingdom of heaven is within me because there abides the presence of Christ.

DO NOT think of heaven as existing in the future or in some far-away place. Heaven cannot be geographically charted. It is not governed by time or space. It exists first of all in the higher realms of mind, in spiritual consciousness. Next, we find that it is within us, because there is where Christ lives and abides.

You will experience a great joy when you discover that heaven is within you, within your power to grasp. You will find that heaven is both within you and about you since you have Christ within you and ever enfolding you. You will come to see that heaven's richest blessings will emanate from this inner divine presence.

Heaven is filled with light, peace, joy, faith, love, health, life, and plenty. As you think of heaven, these will be revealed to you as your own. Heaven will pour these out upon you. The gifts of heaven will come to you as the manifestation of that which you have most desired.

Abide in the heavenly consciousness and all that heaven is and has will be yours to enjoy.

The kingdom of God is . . . righteousness and peace and joy in the Holy Spirit.—Rom. 14:17.

FRIDAY, MARCH 17

I have power to cast out of my mind every adverse belief so that Truth may thrive there and God, the good, may have full power.



CAST OUT of mind those negative and adverse beliefs which hinder the work of Spirit. Drive out the thoughts that are in opposition to the work of God. You can do this by letting powerful thoughts of Truth occupy your mind. You have power over everything in your life. Give God freedom to exercise His power.

Denials clear the way for the work of affirmations. We deny place to thoughts that we do not wish to entertain and thereby give place to good thoughts. We deny that adverse thoughts can have power in our mind in order to let good thoughts predominate. We cease to believe in the power of adverse thoughts when we know that God alone has power.

We have power to do all things through the power of Christ within us. There is no power other than the power of Christ, that power which fills us when we meditate upon His omnipotence. Evil and adversity cannot have place or power in us when we know that in Truth there is only the power of good.

Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy.—*Luke 10:19.*

SATURDAY, MARCH 18

I pray when I commune with the Spirit of God within me and realize that through God I can do all things.



IS PRAYER something mysterious to you? Do you still think of it as some intangible process, or have you discovered the ease with which you can pray? Remember that through prayer you commune with Spirit within you. By prayer you discover your interrelation with God.

When you pray you commune with those deeper spiritual forces that give light to the mind, peace to the soul, healing to the body. By prayer you find God, thereby finding yourself. By prayer you find that you are at one with God in all things.

Prayer is man's only means of escaping from the claims of the material world. By prayer he calls spiritual forces into activity in his life. These defeat the claims of material things upon him. Prayer offers him his escape from limiting conditions, his victory over all that would hold him in bondage.

Learn to pray. Learn to turn from things of the world about you and to commune with God in the midst of you.

By prayer you find that there is in the very midst of you that which is mightier than all else in the universe.

The prayer of faith shall save him.—James 5:15.

SUNDAY, MARCH 19

The light of God within me is the source of my illumination, and I am illumined with all wisdom.



OD created man with all knowledge; that is, He created him with all the wisdom that he needs in order to solve his problems, make his demonstrations, live a full life. We can see that man has a light within him that inspires and illumines him at all times, a light that will lighten his darkness and that will inspire him to better things.

Do you want to be illumined? Cease to think of yourself as ignorant or as dwelling in mental darkness. Cease to think of yourself as lacking in understanding. Know that in Truth you are the illumined child of God. In Truth you are radiant with light.

The light of God in the midst of you is mighty to illumine you in all your ways. This light will never grow dim. At all times it will shine with a celestial brightness. It will radiate from the center of your being to the very circumference of your world.

God is now enlightening you with all the knowledge that you need. He is inspiring you to know all things. Turn to His light and be illumined. Turn to Him and be filled with light. He will illumine you and all your ways.

While ye have the light, believe on the light, that ye may become sons of light.—*John 12:36.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

March 20 to April 19

ILLUMINATION

*The light of the Holy Spirit inspires
me with new ideas.*

HEALING THOUGHT

*I now partake in Spirit of the holy
communion, and realize the healing
power of the Christ body (Spirit sub-
stance) and Christ blood (Spirit life).*

PROSPERITY THOUGHT

*Jesus Christ now opens the Spirit of
my mind, and I am flooded with ideas
that lead on to success and plenty.*

MONDAY, MARCH 20

The healing presence of Christ within me is the source of my health, and I am healthy and strong.

LET US think of Christ as ever within us as a presence of life and health. We cannot be unhealthy when we recognize this presence as the presence of our own especial health and strength. We cannot believe in the presence, reality, and existence of disease when we believe in this presence of health.


The healing presence of Christ is ever a source of health. We have but to turn our thought to Christ within us in order to be healed. We have but to recognize His presence of health as our own health in order to become healthy and strong.

The Lord takes disease from us by helping us to get rid of the belief in it. Then He quickens us to acknowledge the presence of Christ, the presence of our own wholeness and health. Is this not a simple process? Our willingness to give up belief in disease helps very much. The difficulty in healing lies mainly in the individual's clinging to the disease thought. Of course, he cannot know health as long as he clings to disease.

Jehovah will take away from thee all sickness; and none of the evil diseases of Egypt, which thou knowest, will he put upon thee.—*Deut. 7:15.*

TUESDAY, MARCH 21

*Rich ideas of Spirit fill my mind and
reveal to me my own riches.*

HE SPIRIT of plenty gives us a clue to our own prosperity by furnishing us with rich ideas. By these ideas we are directed to our prosperity. The Spirit of plenty discloses our riches to us through inspiring us to the consciousness of riches.

Man was not created to be in want. His heavenly Father created him in the image of His own riches. He created him in the likeness of spiritual riches, and man is to go forth enriching his own nature more and more day by day. Nothing is denied him. He cannot know deprivation and failure when he realizes the truth of his spiritual riches.

Do you need to manifest prosperity? Meditate upon mental and spiritual riches until your life is enriched thereby. Realize that you cannot live in want since you abide in the presence of God, the presence of rich substance. Know that you cannot be separated from your good since you cannot be separated from God. Realize that your supply cannot be kept from you, it cannot be hidden from you, since you are always one with God and His goodness. Abide in this consciousness of riches.

The Almighty will be thy treasure,
And precious silver unto thee.

—Job 22:25.

WEDNESDAY, MARCH 22

The Truth of Christ now dawning to my consciousness is the truth about myself: the truth of my peace, health, and success.

JESUS brought to humanity the Christ message of Truth. He revealed to man that he was accepting falsehood for Truth. He saw that man was accepting ignorance, fear, hate, disease, and lack as true. He revealed to man the truth of peace, love, health, prosperity, and success.

The Truth of Christ is the Truth of your own perfection. That which is true of Christ in Spirit is also true of you in Spirit, since Christ is the perfect man in you. Remember this when you are tempted to believe that adverse conditions are true. Call this to mind when you are inclined to think of fear, disease, and failure as true.

The Truth which dawns upon your consciousness is mighty to free you from all misconceptions. This Truth will disabuse your mind of all falsehood. You cannot dwell upon the Truth of Christ and at the same time believe in falsehood as true. You will come to see the falsity of all claims of fear, disease, and failure. You will see that the Truth of Christ, the Truth of your own perfect being, is all that can be true. You will realize that in Truth you are perfect, whole, and prosperous.

Speaking truth in love.—*Eph. 4:15.*

THURSDAY, MARCH 23

I forgive easily and thoroughly because the Spirit of Christ prompts me to forgive.

YOU WILL be able to forgive easily when you grasp the truth of what forgiveness really is. When you forgive you let Christ in you forgive. When you refuse to forgive another, you set up a personal barrier against the forgiving work of Christ. You stand in the way of the action of Christ when you do not forgive.

By forgiveness the person who has offended is restored to his original place in your affections. You wipe out of mind and heart all thought and memory of his misdeeds. You let Christ in you bless him. You let Christ absolve him from all thought of sin.

Forgiveness comes easily when we see it on the right basis. We free ourselves from all personal relation to the offender or the offense. We give Christ freedom to forgive and to bless. We stand aside and see the regenerating work of Christ being done and we are happy that we have been instruments by which His work is accomplished.

Do you want to forgive some one? That feeling is the urge of Christ within you. Christ wants to come forth and bless this one.

Bless Jehovah, O my soul . . .
Who forgiveth all thine iniquities.

—Psalms 103:1, 3.

FRIDAY, MARCH 24

*Knowing that the Christ within me
lifts me up, I am lifted up and exalted.*



THE KNOWLEDGE that within us is the Christ is sufficient to exalt us above all claims of the earth. Nothing can depress us or cast us down when we feel the Spirit of Christ within us lifting us up. Nothing can keep us from being lifted up when in thought we aspire heavenward.

There is always something within us that exalts us, always something that makes us feel that we are above the claims of the earth. This something is the divine spark implanted in us at the beginning. It is the Christ in us. When things would cast us down, Christ exalts us. When we would believe in the power of external things to master us, the Christ within us makes us to know that we are mightier than all else in the universe.

Do persons and external things often make you feel insignificant? They cannot do so when you know the truth of your majesty in Christ. You cannot be cast down in your own estimation when you rise to spiritual consciousness and know the truth.

There is that within you which is mighty to exalt you at all times. There is that at the center of your being which is always inspiring you to rise higher and higher.

Now will I lift up myself; now will I be exalted.—*Isa. 33:10.*

SATURDAY, MARCH 25

I relax from all stress and strain because in Spirit I know that all is well.

PRACTICE often relaxing from mental and physical tension. Relieve yourself of those thoughts which cause tension in mind and in body. Eradicate fear from your mind. Live in the conscious realization that all is well, that God is taking care of you and all your affairs.

When you give up the thought that makes you tense, you will relax throughout your whole being. Taut muscles, tense nerves, clenched hands will let go when your mind is easy and peaceful. Nothing can make you tense when you abide in the security of God's love. Nothing can make you afraid when you know that all is well.

In the consciousness that God is taking care of you, you will have the full assurance that all things are working together for good. You will know that there is nothing in all this world to make you tense. Persons and things of the world will no longer seem to have power over you.

Take a little time each day to relax. Just drop from mind the thoughts that disturb. Rest in the confident assurance that Christ in you is master in your world.

He maketh me to lie down in green pastures . . .
He restoreth my soul.

—*Psalms 23:2, 3.*

SUNDAY, MARCH 26

The way that Spirit within me reveals to me is the way of peace, health, and plenty.

YOU DO not have to travel the way of in-harmony, fear, disease, and failure. If you find yourself upon a path surrounded by adverse conditions, turn to Spirit within you and let Truth be revealed to you. Your way will be one of joy and plenty when your feet are established on the right path.

The way that Spirit reveals to you will lead you into paths of great good. Nothing will be withheld from you when you go the way of Spirit. Nothing of adversity can come to you when you take the path Spirit opens up to you.

If you are undecided today about some course of action, turn to your indwelling Spirit. Seek the guidance of Spirit within you. Be willing to be led into that which is for your highest good.

The path that Spirit reveals to you, the way you are to take when in spiritual consciousness, is the path that leads to heaven and its blessings. When your feet are upon this path you go the way of joy, love, and plenty. When your feet are directed heavenward, you move forward toward that which heaven has in store for you.

Make straight paths for your feet.—*Heb. 12:13.*

MONDAY, MARCH 27

The quietness and stillness of Christ within me cause me to be quiet and still, and I abide in His stillness.

STILLNESS, emanating from the presence of Christ within us, causes us to be still even in the face of disturbing conditions. This quietness is the very quietness of heaven. From it emanate peace and power. As we turn to the stillness of Christ we find that we, too, become peaceful and still.

One of the greatest blessings that Spirit gives to us is that of its presence, the masterful presence of stillness. When the noise of the world about us would seem to master us, we have but to turn to Spirit within us and be relieved of it. In the stillness of Spirit there is no confusion, no noise, no inharmony.

The quietness of Spirit within us gives us power over all conditions of the world. When things about us seem most disturbing, we have recourse to Spirit and its quiet. We can turn to the presence of Christ within us and feel His quietness. We can turn to Christ and receive the power of stillness.

Practice often turning to Christ within you. Form the very good habit of turning to Him when things about you are disturbing, and let Him share with you His peace and quiet.

The effect of righteousness, [shall be] quietness and confidence for ever.—Isa. 32:17.

TUESDAY, MARCH 28

I give up all tendency to condemn myself or others. I am ready to praise the good and bring it into manifestation.



CONDEMNATION has no place in the consciousness of the student of Truth. Praise must be uppermost in his mind. He must lose sight of that which he would condemn in order to let the work of praise be done. He must rise out of the consciousness of condemnation in order that no thought of condemnation may be expressed in his mind.

Are you given to the habit of condemning yourself or others? Are you more inclined to condemn than to praise? Are you more disposed to see personal shortcomings than to see the perfection of Christ in the individual? If so, then you must be freed from the tendency to condemn. You must rise to the consciousness of praise.

Freedom from the habit of condemnation will do a great deal toward freeing you from personal consciousness. You will cease to feel free to condemn others when you rise to that high consciousness in which you behold the Son of God expressing Himself through all humanity. You will rejoice to praise the good coming into visibility as the Son of God.

There is therefore now no condemnation to them that are in Christ Jesus.—Rom. 8:1.

WEDNESDAY, MARCH 29

The judgment and justice of God are now expressed through me, and I am at all times just.

WE CANNOT be unjust to others when we know that God within us is always just. We cannot pass personal judgment upon others when we know that God alone has power to judge and that His judgment is always righteous. When we pass personal judgment we place ourselves in the position of judging from the standpoint of personal consciousness.

God's judgment and justice are always righteous, always good. When the Spirit of God within us judges, love pervades its judgment. The Spirit of God judges from the standpoint of the absolute, not from the standpoint of personality or appearances. We can see that in Truth there should be but one judgment, namely, that of God.

Do not feel that you have the right to judge another. Let God do that. All personal judgment more or less tends to misjudgment. You have to rise above all sense of personal judgment in order to know what God's judgment is. You have to free yourself from all limiting thought in order to see your fellowman unlimited and free.

What doth Jehovah require of thee, but to do justly.—*Micah 6:8.*

THURSDAY, MARCH 30

I give thanks that the presence of God is now manifest in my life as the presence of all good.



LET US GIVE THANKS for every evidence of God's goodness, grateful that His presence is now manifesting itself within and about us as all good. When we are grateful and appreciative we have more and more for which to be thankful. When we give thanks we open the way for more and more of God's blessings to appear.

By giving thanks we enter that high consciousness in which all of God's gifts are visible to us as our own. We enter that realization in which that which we desire appears to us. We see our ideals made real. We behold heaven's bounty poured out upon us.

There is a psychological reason for giving thanks. The mind is stimulated to see the extent of our blessings. We behold the beauty and worth of that which might be slighted or overlooked. Giving thanks tends to stimulate us to the consciousness of our inherent bounty. We are lifted higher and higher to that realization in which we know that nothing can be withheld from us, since all is ours.

The thankful person always finds many things for which to be thankful.

Sing unto Jehovah with thanksgiving.—*Psalms 147:7.*

FRIDAY, MARCH 31

Since Christ in me has dominion over me and my life, no adverse thought can have dominion over me.



WHAT DO you believe in? Do you think that Christ has dominion over you, or do you think that adversity rules over you? Remember that in Truth Christ has all dominion. He does not share His dominion with any rival. In Truth He always has had and always will have dominion over you. You but need to know this in order to realize the extent of His dominion.

If you believe that persons and external things have dominion over you, that they can govern and affect you, you need to correct your thought. You need to realize that only Christ, the Spirit of Truth, has dominion in reality. You need to know that Christ as peace, love, health, and plenty established Himself in your life to the exclusion of all else.

Through the study of Truth you come to the realization that the power, authority, and dominion of heaven are ever operating in your life. You cease to believe in adverse powers. You no longer think that inharmony, hate, fear, disease, and failure can obtain in you or in your affairs.

Thou makest him to have dominion over the works of thy hands.—*Psalms 8:6.*

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Roses of the Heart

He that would grow
roses in his garden
must first have roses
in his heart *— Dean Hole*



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